

Seven Core Assumptions

What We Believe to Be True

1

The **true self**
in everyone is
good, wise, and
powerful.

6

Human beings
are
holistic.

The **world** is
profoundly
interconnected.

2

7

We need **practices**
to build **habits**
of living from the
core self.

5

Everything we need
to make positive change
is already here.

All **human beings**
have a **deep desire**
to be in a
good relationship.

3

4

All **human beings** have **gifts,**
and **everyone is needed**
for what they bring.